















MAXIMUM
OCCUPANCY
786

IORS











DANIA COUNTY ALL RECORDS	
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DANIA COUNTY ALL 1000 POINT CLUB	
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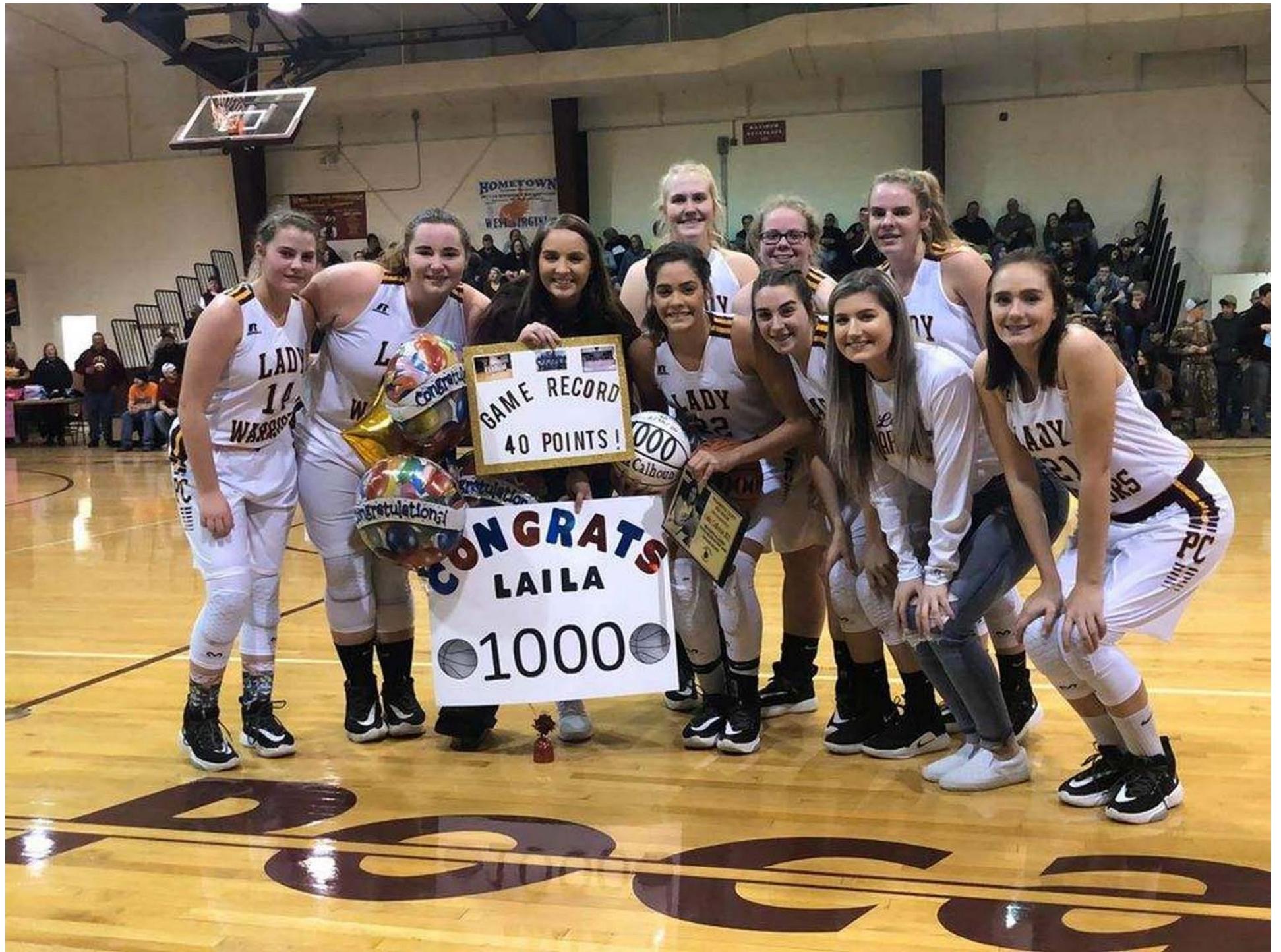
Cass Train
by
Kylene Johnson













FRESHMEN

































SOPHOMORES







Pocahontas Warriors Boys Basketball

Honor Our Hometown Heroes

Wednesday, February 12th at PCHS

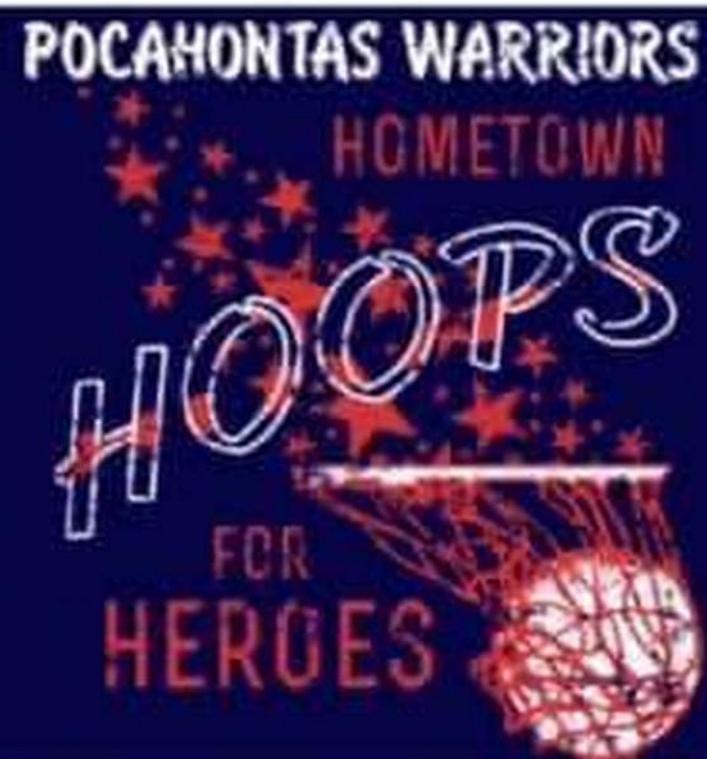
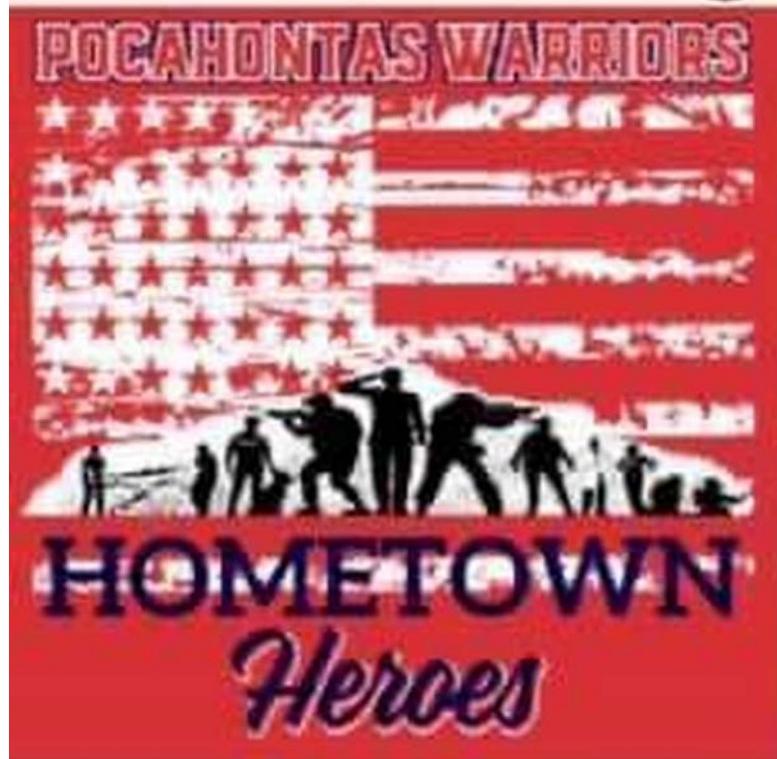
JV-5:45 Varsity-7:00

Military - Veterans - EMT - Paramedics

Fire & Rescue - Law Enforcement

Warriors will be sponsoring basket raffles and shirt sales to benefit our Hometown Heroes

Heroes get in FREE



POCAHONTAS WARRIORS



HOMETOWN
Heroes

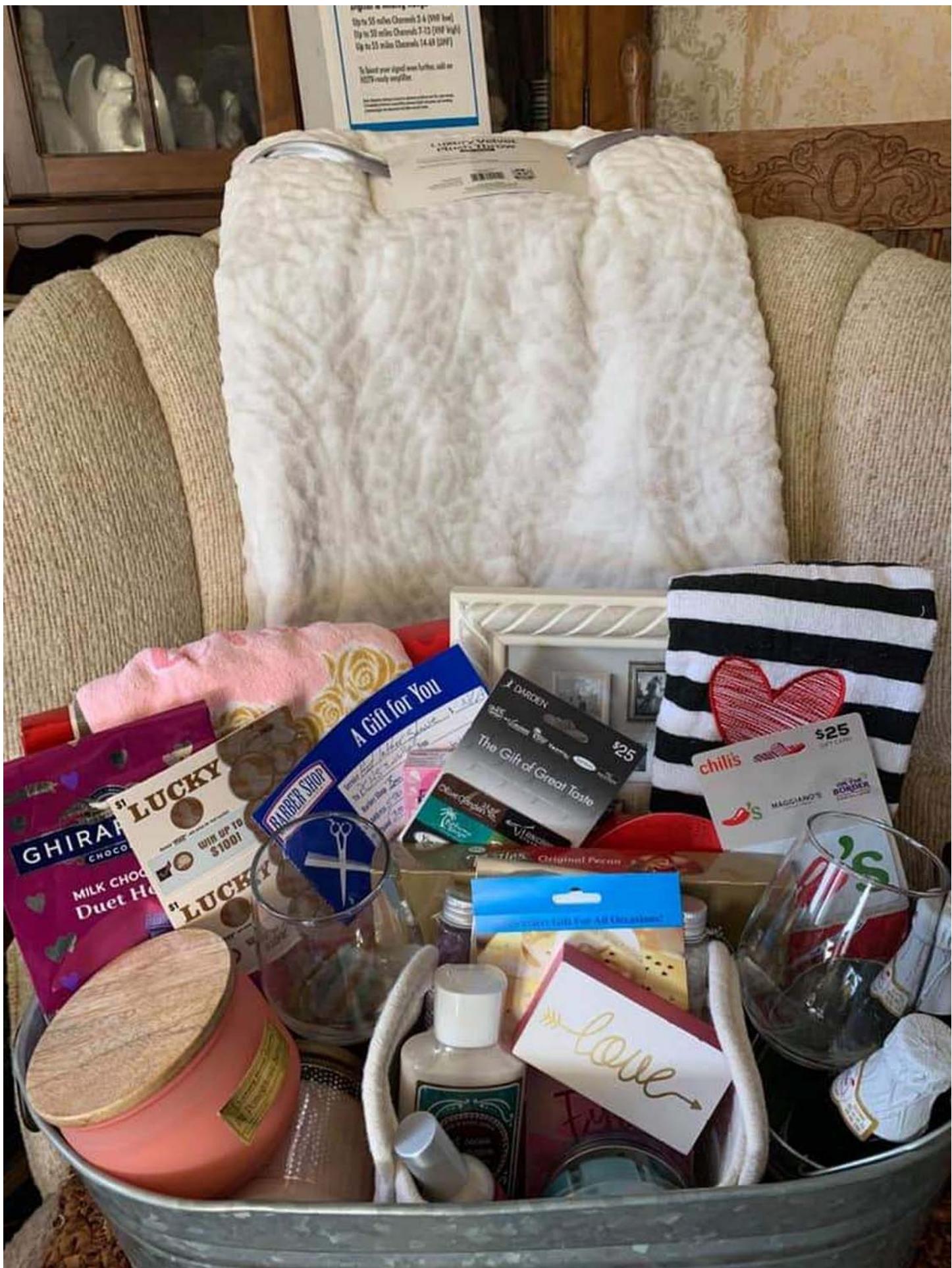
POCAHONTAS WARRIORS





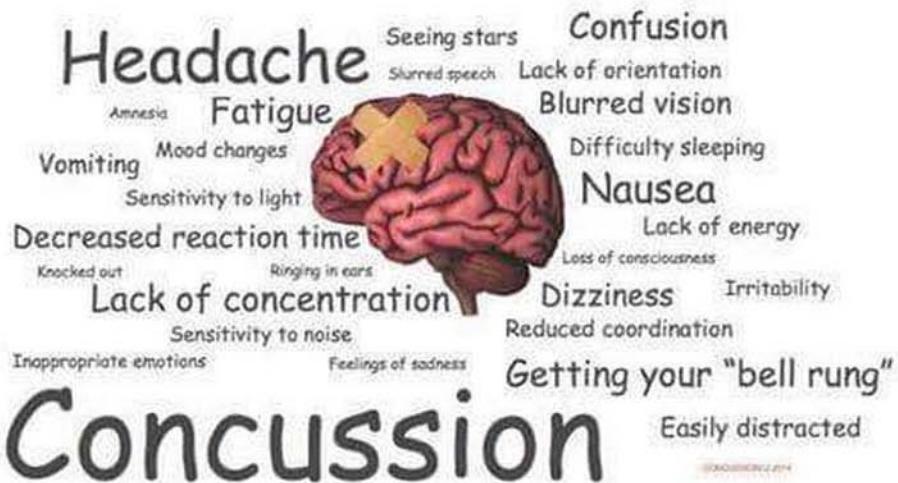






Anyone can fall victim to head trauma. It is not just for those that play sports, older adults may actually have a higher risk of serious complications from a concussion.

Do you know the symptoms?



The Seneca Woodlands Woman's Club invites you to
the Green Bank Library, Monday, February 10, 2020, at 6:00 pm to
learn about concussions and their symptoms.

Janet Ghigo presents facts about what concussions are and what to do next if you suspect you or a loved one may have head trauma. Janet has over twenty years of experience with the BFD Fire and Rescue ambulance services and twenty years with the West Virginia Public Service Training as an EMT instructor.

For more information about the Seneca Woodlands Women's Club and this program, please contact Madge Vosteen at mhvosteen@gmail.com or call 304.456.5459.

2020 West Virginia University Forensic Science Summer Camp



What: The Next Generation Forensic Science Initiative in collaboration with the Department of Forensic and Investigative Science at West Virginia University will be hosting its annual forensic science summer camp for high school students (9th–12th grade).

The goal of this program is to bring the crime lab to the classroom. Through hands-on, experiential learning, participants will acquire the practical knowledge and skills that forensic scientists utilize in their day-to-day casework. At the conclusion of the week, participants will apply what they have learned to mock crime scenes at the Crime Scene Training Complex.

Sessions will include the following topics and activities:

- Criminal Justice
- Latent Fingerprints
- Firearm Evidence Examination
- Footwear Impression Evidence
- Forensic Biology
- Forensic Chemistry
- Bloodstain Pattern Analysis
- Crime Scene Investigation
- Forensic Photography
- Mock Crime Scenes

When: The camp will be held June 15 - 19, 2020

Where: The first 3 days of camp will be held at Oglebay Hall on the downtown campus. The last 2 days of camp will be held at the Crime Scene Training Complex on the Evansdale Campus, Morgantown, WV

Time: Camp will begin each day at 9:00 AM and conclude at 4:00 PM each day.

Cost:

Option 1: Day Camp—\$399.00 per person. Includes lunch each day, a T-shirt and a certificate of attendance.

Option 2: Overnight Camp—\$949.00 per person. Includes transportation to and from the airport, 6 nights supervised lodging, evening activities, meals (breakfast, lunch and dinner), a T-shirt and certificate of attendance. Check-in will be held on June 14th. **This does not include airfare or any other transportation costs other than what has been described.**

Registration: Registration will be on a first come, first serve basis. The camp will be limited to 50 students.

To register, go to <https://nexgenforensics.wvu.edu/courses/science-camp>. You will be directed to our payment system after completing the initial registration.

POCAHONTAS COUNTY SCHOOLS
February Breakfast and Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrambled eggs w/Wheat toast Yogurt Fruit Chicken Patty w/Wheat Bun Lettuce/Tomato/Onion Candied Sweet Potatoes Corn Apples w/Soy Nut Butter	Breakfast Pizza Yogurt Fruit Sausage Biscuit w/Gravy Hash Brown Peas Homemade Cookie Peaches	Omelet Wrap w/Colby Cheese Cereal Fruit Pigs in a Blanket Green Beans French Fries Coleslaw Fruit	Whole Grain Toasted Bagel Yogurt Fruit Chicken Pot Pie Broccoli Carrot Stix Fruit	Pancakes Yogurt Fruit Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Romaine Salad Refried Beans Fruit
Breakfast Burrito Cereal Fruit Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Baked Beans Corn Fruit	Homemade Cinnamon Roll Yogurt Fruit Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Homemade Roll Fruit	Blueberry Muffin Cereal Fruit Tomato Soup Grill Cheese Sandwich Steamed Broccoli Peaches Apple Crisp	Sausage Biscuit Cereal Fruit Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fresh Cut Fruit	Strudel Yogurt Fruit Philly Steak Hoagie Sliced Carrots w/Ranch French Fries Fresh Cut Fruit
Egg & Cheese Omelet Wrap Cereal Fruit Meatball Sub Sweet Potato Fingerlinks Mixed Vegetables Ice Cream Fruit	Zucchini Bread Cereal Fruit Breaded Pork Patty w/Wheat Bun Lettuce/Tomato Great Northern Beans California Medley Fruit	Professional Learning Day No School for Students	Pretzel w/Cheese Cereal Fruit Chicken Tenders w/Creaser Romaine Salad w/Tomatoes/CROUTONS Corn Mixed Fruit Homemade Roll	French Toast Sticks Yogurt Fruit Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fruit
Smoothie/Yogurt Parfait Creal Fruit Popcorn Chicken Mashed Potoes Green Beans Homemade Roll Fruit	Sausage Biscuit Yogurt Fruit Fish Sticks Scallop Potatoes Carrot Stix Roll Juice Sidekick	Cereal Bar Yogurt Fruit Beef Macaroni & Cheese Steamed Broccoli Celery & Soy Nut Butter Homemade Roll Fruit	Sausage Pancake on Stick Yogurt Fruit Chicken Nuggets Peas Corn Applesauce Homemade Roll	Homemade Cinnamon Roll Cereal Fruit Turkey & Cheese Hoagie 5 Way Vegetables Baked Beans Fruit



IMPORTANT DATES

1 November 2019
Application Open*

28 February 2020
Application Due*

22 June 2020
Start of NYSCamp

15 July 2020
End of NYSCamp

CONTACT

NYSF
PO Box 3387
Charleston, WV 25333

office@nysf.com

+1304 205 9724

@NYSCenter

@WVNYSCamp

www.nyscamp.org

*FL, CA, and MA do not use online application; see apply.nyscamp.org for application process in these states.

OVERVIEW

Established 1963 in West Virginia, the National Youth Science Camp (NYSCamp) is a free residential honors program for two accomplished high school graduates from each state in the USA, plus Washington, DC, Argentina, Bolivia, Brazil, Chile, Costa Rica, Ecuador, Mexico, and Trinidad and Tobago. NYSCamp's curriculum includes a broad range of science, technology, engineering, and mathematics (STEM) topics that incorporates both creative and performing arts as well as an outdoor adventure series with opportunities for mountain biking, spelunking, kayaking, and overnight backpacking. The delegation also travels to Washington, DC where they can meet congressional members, tour museums, and attend a panel discussion held at the American Association for the Advancement of Science. More information can be found at nyscamp.org.

HIGHLIGHTS

- Daily lectures and seminars with leading scientists
- Directed studies alongside visiting and resident STEM professionals
- Dedicated natural sciences, physical science, computer science, creative arts, performing arts, and outdoor recreation program areas
- Delegates attend **free of charge** - housing, meals, and transportation included!

ELIGIBILITY

- Graduates from high school between 1 July 2019 and 30 June 2020
- Documented superior academic proficiency
- Recognition for notable achievements in STEM program areas
- Skills and achievements outside of STEM and/or academics
- Intent to pursue higher education and a career in STEM
- Availability to participate in entire NYSCamp program
- Submit an application at apply.nyscamp.org on/before deadline
- International applicants please see apply.nyscamp.org for more requirements

MORE INFORMATION AT APPLY.NYSCAMP.ORG

SIMULATED
MILITARY PLACE

PCHS
TRIBE OF ONE

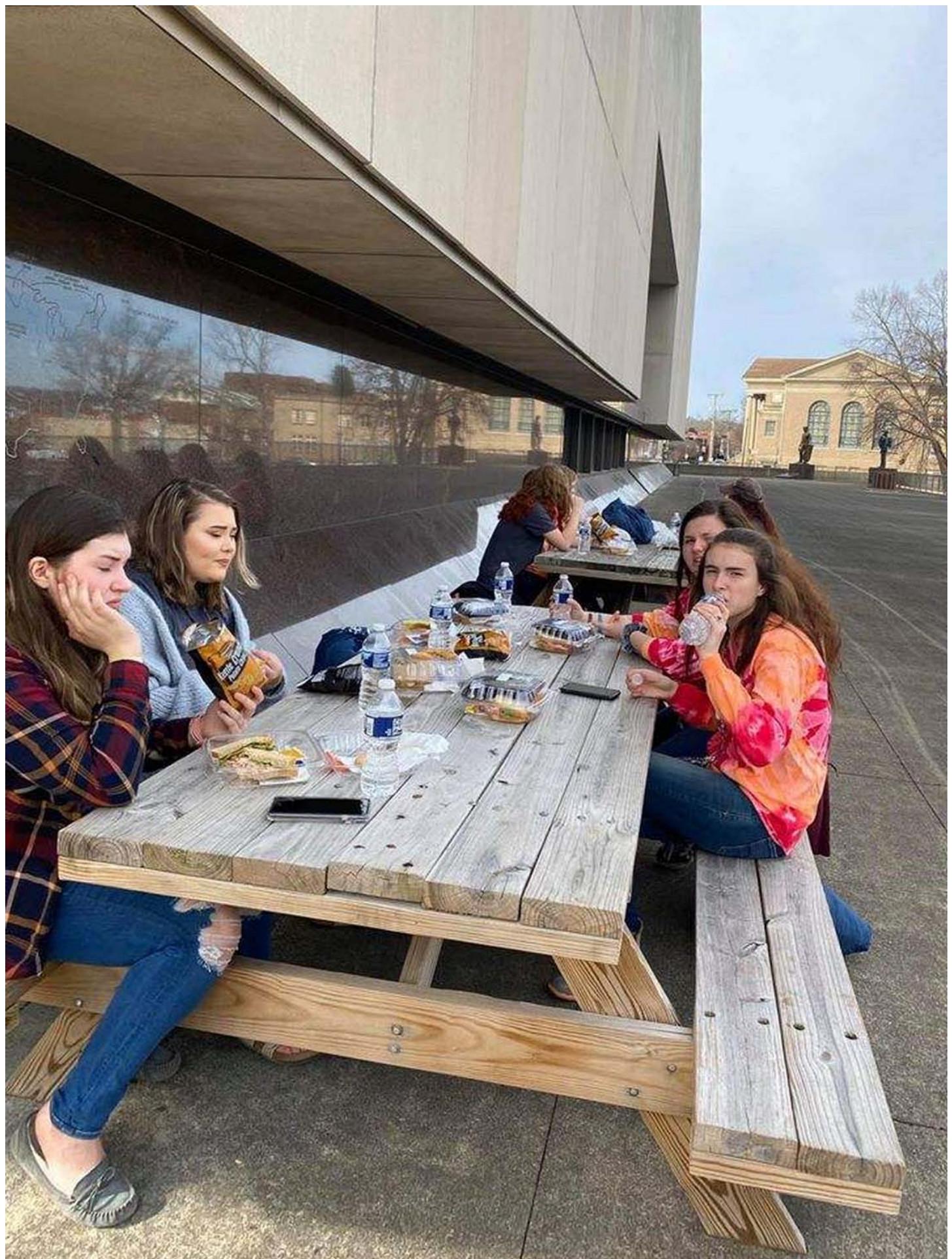
WARRIOR PRIDE



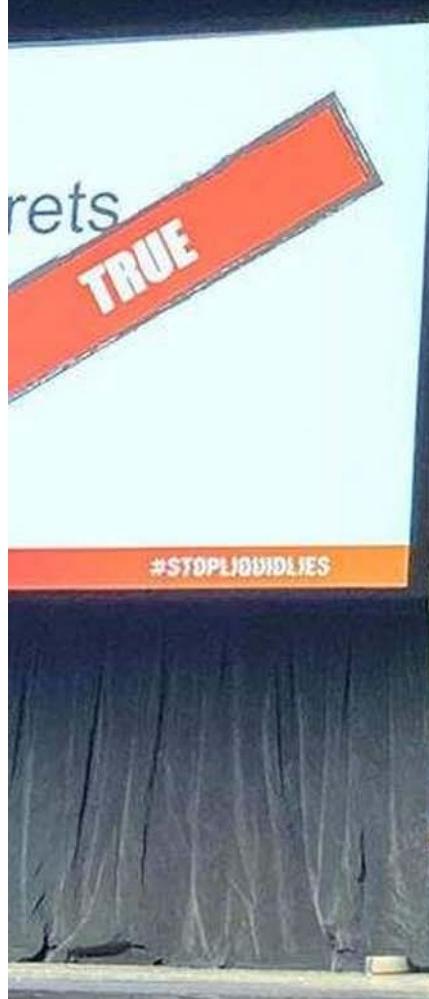
OUR LITTLE LOVE BUGS

















POCAHONTAS WARRIORS



HOMETOWN
Heroes







Being important is nice,
but being **NICE** is more
important!!!



























Dorela Walter 09
Kristy Madison

Dorela





LADY WARRIORS
BASKETBALL



Drinking Water Retested

No Nitrates were detected

Lab Results

Entry point (compliance): nitrate = 0.65 ppm, nitrite = not detected

Two special purpose

Well 1: nitrate = 0.55 ppm, nitrite = not detected

Well 2: nitrate = 0.57 ppm, nitrite = not detected

Nitrate legal limit is 10 ppm and nitrite is 1 ppm.

**IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER
MONITORING REQUIREMENTS NOT MET FOR
POCAHONTAS COUNTY HIGH SCHOOL, WV9938035
Has Levels of NITRITE Above Drinking Water Standards**

DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR USE IT TO MAKE INFANT FORMULA

DRINKING WATER WARNING

Infants below the age of six months who drink water containing Nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.

What should I do?

- **DO NOT GIVE THE WATER TO INFANTS.** Infants below the age of six months who drink water containing nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome. Blue baby syndrome is indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.
- Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrates should be used for infants until further notice.
- **DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrite level. Excessive boiling can make the nitrates more concentrated, because nitrates remain behind when the water evaporates.

Adults and children older than six months can drink the tap water (nitrite is a concern for infants because they can't process nitrates in the same way adults can). However, if you are pregnant or have specific health concerns, you may wish to consult your doctor.

What happened? What is being done? (Describe corrective action)

In 2004, Nitrite was sampled with results of 0.14 mcl. In 2019, Nitrite was sampled with results of 1.9 mcl.

The legal limit is 1.0. We are unsure at this time what has caused the change. However, we are exploring if one or both wells are contaminated. We are resampling and will keep the public informed with any updates.

For more information, please contact _____ Joseph W. Riley _____ at _____ 304-799-6565
(Contact name) _____ (Phone number)
Or _____ 271 Warrior Way _____ Dunmore, WV 24934 _____
(Mailing address)

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by: **POCAHONTAS COUNTY HIGH SCHOOL**

State Water System ID #: WV9938035

Date Distributed: 1-29-2020

**SUPPORTING THE
FIGHTERS
APPRECIATING THE
SURVIVORS
REMEMBERING THE
FALLEN
AND NEVER, EVER
GIVING UP HOPE**

LADY WARRIORS
BASKETBALL



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2020 Pocahontas County Alumni Game



Saturday, March 28, 2020

2:00 PM



- Concessions • T-shirts • Auction
- 50/50 Raffle • Pork BBQ Dinner • Bake Sale



Admission Cost

Adults: \$4.00

Students: \$3.00

Alumni Players & Cheerleaders:
\$20.00 (includes t-shirt)

To register, go to <https://tinyurl.com/scmjk27>

Questions? Contact Chloe Bland at 304-799-6564

POCAHONTAS COUNTY SCHOOLS
January Breakfast and Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		New Year's Day No School	1 Whole Grain Toasted Bagel w/Cream Cheese Cereal Fruit Hot Dog w/Whole Grain Bun Green Beans Oven Fries Coleslaw Fruit	2 French Toast Stix Cereal Fruit Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Black Beans Romaine Salad w/Tomatoes Homemade Cookie Fruit
Colby Cheese Omelet Cereal Fruit Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Bake Beans Corn Applesauce Cups	6 Homemade Cinnamon Roll Yogurt Fruit	7 Blueberry Muffins Cereal Fruit Potato Soup Grilled Cheese Sandwich Steamed Broccoli Peaches Ice Cream	8 Sausage & Egg Biscuit Cereal Fruit Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fruit	10 Strudal Yogurt Fruit Phillysteak Hoagie Sliced Carrots w/Ranch Oven French Fries Fruit
Egg & Cheese Wrap Cereal Fruit Meatball Sub $\frac{1}{2}$ Baked Sweet Potato Parmesan Broccoli Brownie Fruit	13 Banana Bread Cereal Fruit Chicken Patty w/Wheat Bun Lettuce Tomato Tater Tots Great Northern Beans California Medley Fruit	14 Pop tart Cereal Fruit Salisbury Steak Green Beans Mashed Potatoes w/Gravy Homemade Roll Fruit	15 Sausage & Gravy Biscuit Cereal Fruit Chicken Tenders w/Caesar Romaine Tomatoes & Croutons Corn Mixed Fruit Roll	17 Pancakes Yogurt Fruit Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fresh Cut Fruit
Martin Luther King Jr's Birthday No School	20 Cereal Bar Yogurt Fruit Turkey & Cheese Hoagie 5 Way Vegetables Baked Beans Homemade Cookies Fruit	21 Sausage Pancake on Stick Yogurt Fruit Chicken Alfredo w/A Twist Steamed Broccoli Garlic Bread Pears	22 Egg & Cheese Biscuit Cereal Fruit Fish Sandwich Scallop Potatoes Carrot Stix Peas Fruit	24 Smoothie/Yogurt Parfait Cereal Fruit Popcorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit
Breakfast Burrito Cereal Fruit Chicken Nuggets Corn Cherry Tomatoes & Cucumbers w/Ranch Dressing Homemade Roll Fruit	27 Pretzel w/Cheese Cereal Fruit Chili Whole Baked Potato w/Sour Cream/Cheese Parmesan Broccoli Cornbread Crackers Fruit	28 Whole Grain Banana Muffin Cereal Fruit Chicken Chimichanga Black Bean Salsa/Sour Cream Sweet Potato Fries Mixed Vegetables Fruit	29 Homemade Chinnamon Roll Cereal Fruit Sloppy Joe Creamy Coleslaw Green Beans Oven French Fries Juice Sidekick	31 Sausage Biscuit Yogurt Fruit Pepperoni Roll Macaroni Salad Carrot Stix Romaine Salad Fruit

For breakfast milk and yogurt offered daily.
 For lunch milk and fresh fruit offered daily.